





Pan Seared Scallops with Lemon Garlic Sauce

 Prep: 30 mins  Cook: 10 mins  Total Time: 40 mins  Yield: 4 servings

Course: Entree Cuisine: American Calories: 151kcal Author: [Jessica Gavin](#)

Pan seared scallops with lemon garlic sauce is a gourmet meal. The seafood is brined first for extra flavor and tenderness as is cooks in the hot pan.



Ingredients

Brine

- ☐ 1/3 cup kosher salt (90g, 3 ounces)
- ☐ 1 cup hot water (240ml)
- ☐ 4 cups ice cubes
- ☐ 1 pound scallops (454g) U15 size, 14 to 16 per pound

Pan Seared Scallops

- ☐ 2 tablespoons olive oil (30ml)
- ☐ 2 tablespoons unsalted butter (30g, 1 ounce)
- ☐ 1 tablespoon minced garlic (8g)
- ☐ 2 tablespoons lemon juice (30ml)
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon dijon mustard (15ml)
- ☐ 2 tablespoons heavy cream (30ml)
- ☐ black pepper as needed for seasoning
- ☐ 1 teaspoon chopped dill

Instructions

Brine

- ☐ Combine salt and hot water in a medium bowl, stir until the salt is mostly dissolved. Add ice cubes, once the water is cold add scallops.
- ☐ Brine scallops for 10 minutes. Drain and rinse under cold water. Transfer to a sheet pan lined with paper towels.
- ☐ Place another sheet of paper towel on top of scallops, gently pressing until each piece is dry. The drier the scallops, the better the sear.
- ☐ Allow scallops to sit for 10 minutes at room temperature before cooking.
- ☐ Right before cooking, lightly season both sides with salt.

Pan Seared Scallops

- ☐ Heat a large 12-inch pan over medium-high heat. Add olive oil. Once hot, add scallops to the pan in a single layer.
- ☐ Gently press scallops with a spatula so that they make direct contact with the pan.
- ☐ Pan sear until golden brown on the surface, not moving them, about 3 minutes.
- ☐ Add butter to the pan and allow to melt.
- ☐ Flip scallops over, use a spoon to baste with butter, tilting the pan as needed and cook until firm but tender, about 1 to 2 minutes.
- ☐ Turn off the heat and transfer to a clean plate.
- ☐ Using the same pan to cook the scallops, turn the heat up to medium.
- ☐ Add in garlic and saute until fragrant, 30 seconds.
- ☐ Add in lemon juice and lemon zest, scrape the pan to remove any browned bits and stir into the sauce, cook about 1 minute.
- ☐ Turn off the heat and whisk in Dijon mustard. Add in cream and whisk to combine.
- ☐ If needed, add in some water to the sauce if you want a thinner consistency. Taste and season with salt and pepper as desired.
- ☐ Add scallops back to the pan, and warm over low heat, 2 minutes.
- ☐ Garnish with chopped dill and black pepper, serve warm.

Notes

If you don't have the option to purchase dry scallops, just add about 1 teaspoon of lemon juice to the brine and that will help remove some of the chemicals and mask the soapy taste.

Nutrition

Calories: 151kcal | Carbohydrates: 4g | Protein: 13g | Fat: 8g | Saturated Fat: 3g | Cholesterol: 39mg | Sodium: 489mg | Potassium: 232mg | Vitamin A: 145IU | Vitamin C: 3.5mg | Calcium: 7mg | Iron: 0.5mg



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